

3 MINUTE APPLE BARLEY LENTIL SALAD

1 packet Central Market Microwaveable Grains Lentil/Barley Blend
1 apple, cubed
1/4 cup walnuts
1 tbsp chopped fresh parsley
1.5 tbsp olive oil
2 tsp apple cider vinegar
1 tsp dijon mustard
Salt and pepper to taste

Microwave grains according to package direction. Let cool and place in a bowl. Add all the following ingredients and toss to combine. Pair with grilled chicken or have over greens for a light lunch! Serving size is 1 cup.

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